

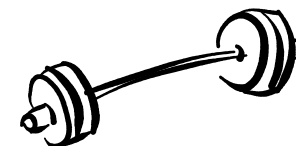


Westside Community Center
1250 Isleta Blvd. SW ABQ. NM 87105 * (505) 314-0176

2013 FITNESS SCHEDULE



FREE CLASSES



1130 AM-1230 PM

5:15 PM - 5:45 PM

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STEP AEROBICS		STEP AEROBICS		
RIPPED		KETTLE BELL		
DANCE AEROBICS BELLY DANCE-Introductory		DANCE AEROBICS		
BELLY DANCE -Advanced				

FITNESS FEES

The classes listed on this page are free to everyone.

Any person participating in these classes must sign a registration and waiver form

Class Descriptions

Must fill out registration form prior to participating in any of the above programs.

Step Aerobics: A heart pumping cardiovascular workout using traditional step movements, & kick boxing movements giving you a high impact 35-45 min cardio work out with a 5 min ab work out and relaxing cool down.

Belly Dance: This free class helps participants achieve graceful, fun, and feminine movements. By studying belly dance students get a fully enjoyable dance lesson, and discover at the end they have also had a fully enjoyable workout. Will this help you lose weight? That is up to your body type, it will help you gain strength and flexibility.

Dance Aerobics: A high impact dance workout incorporating hip hop, Latin rhythms, & a variety of dance styles, music and movement providing a fun and effective cardio workout.

Kettle Bell: classes consist of a full body warm-up, and progresses into teaching basic kettle bell moves. Once learned participant can lose body fat, increase strength, and improve overall general fitness.

Ripped: This class incorporates the use of Body Bars & Dumbbells to create an effective weight training class. Even if you're advanced in your training or just beginning this class will be sure to tone your body up.

Fitness Numbers

Group Fitness Classes

314-0176

Fitness Center

314-0279

